



Better Health Begins With You!

ທ່ານສາມາດທີ່ຈະມີສຸຂພາບດີໄດ້ !

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

ກິນອາຫານທີ່ມີໂຂມັນໜ້ອຍເຊັ່ນ ເຂົ້າຈີ່ ເຂົ້າບະລະ ເຂົ້າຫຼົ່ວເສັ້ນເຂົ້າແປ້ງ 6 ຫາ 11 ສ່ວນໜ້ອຍ ທຸກມື້ ເປັນຕົ້ນວ່າ ເລືອກກິນເຂົ້າໂອດຕອນເຊົ້າ ແຊນວິດຕອນທ່ຽງ ແລະເຂົ້າຕອນແລງ.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

ກິນໝາກໄມ້ຫຼົ່ວປະເພດຜັກ 5 ສ່ວນທຸກມື້ ເປັນຕົ້ນວ່າ ທ່ານອາດຈະດື່ມນ້ຳໝາກກ້ຽງໃນຕອນເຊົ້າ ກິນສະລັດໃນຕອນທ່ຽງ ກິນໝາກຖົ່ວຂຽວແລະມັນຝຣັ່ງຕົ້ມໃນຕອນແລງ ແລະໝາກແລດແຊງ ໃນຕອນແລງ.

3. Drink at least 8 glasses of pure, fresh water every day.

ດື່ມນ້ຳສະອາດຢ່າງຕໍ່າ 8 ຈອກທຸກມື້.

4. Eat lean, low-fat meats, such as chicken or fish.

ກິນຊີ້ນປະເພດທີ່ມີໂຂມັນໜ້ອຍ ເຊັ່ນ ຊີ້ນໄກ່ຫຼົ່ວຊີ້ນປາ.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

ເລືອກອາຫານປະເພດນົມທີ່ມີໂຂມັນໜ້ອຍຫຼົ່ວບໍ່ມີໂຂມັນເລີຍເຊັ່ນ ນົມສະກົມແລະນົມສີ້ມແຊ່ເຢັນ.

6. Limit your intake of sweets and alcoholic beverages.

ກິນຂອງຫວານແລະດື່ມເຫລົ້າໃຫ້ມີຂອບເຂດຈຳກັດ.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

ເຂົ້າຮ່ວມໃນລາຍການອອກກຳລັງກາຍບາງແນວທຸກມື້ ໄປຢ່າງຫຼີ້ນ ເຕັ້ນລຳຫຼົ່ວອອກໄປທ່ຽວ.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

ໃຊ້ນ້ຳມັນພືດຫຼົ່ວນ້ຳມັນແຄໂນລາມາແຕ່ງອາຫານແທນນ້ຳມັນໝູຫຼົ່ວນ້ຳມັນສັດ ນ້ຳມັນພືດດີສຳລັບ ທ່ານເພາະວ່າມັນບໍ່ມີຄໍເລັດສະເຕີຣ໌.

Laotian Language Version

These materials were developed by the Nutrition Education for New Americans Project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the USDA Food and Consumer Service. For more information, call (404) 651-2542.

